

ILIOPSOAS.

- 1) FLEXES THIGH AT THE HIP-JOINT, TENDS TO ROTATE IT
LATERALLY + ADDUCT IT.
- 2) WHEN THIGHS ARE FIXED - / TRUNK ARE FLEXED
+ / PELVIS
- PELVIS WILL ROTATE
- 3) TENDS TO PULL TRUNK FORWARD.

QUADRICEPS FEMORIS.

- 1) MUSCLE AS A WHOLE, EXTENDS LEG AT KNEE-JOINT.
(MOVEMENTS OF WALKING, RUNNING, CLIMBING, KICKING)
- 2) FLEXES THE THIGH AT THE HIP-JOINT
- 3) WHEN THIGHS ARE FIXED - PELVIS IS FLEXED
- 4) SUPPORTS PELVIS + TRUNK ON FEMUR.

TIBIALIS ANTERIOR

FLEXES AND INVERTS FOOT.

Hand

3 series of bones.

Carpus - carpal bones. 8.

Metacarpus 5

Phalanges 14.

(Scaphoid)
(trapezoid) lunate triquetral pisiform.
Trapezium trapezoid capitata hamate.

Distal wrist cross crosses pisiform +
tuberosity of scaphoid.

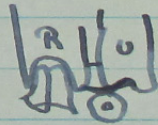
Bones cubicle.

Proximal row forms convexity, which
goes into concavity. - form
condylar joint.

Carpus - concave in back.
convex in front.

Joints between proximal + distal row of
carpal bones form a curved line - for
flexion.

Scaphoid + lunate art. radius



Art. surfaces notes

Triquetral art. with lower surface of
art. disc.

Pisiform art. triquetral

Trapezium - deep groove - for tendon E.O.R.

Trapezoid

Capitata - largest bone.

Hamate - hamulus of hamate

Band - flexor retinaculum

Attached medially - pisiform bone + back of hand
laterally - tuberosity of scaphoid + 211

Carpus - moving gliding movements.

Metacarpus - 5 - long bones.

Base - art. carpal bones.

- 2nd + 3rd rounded + wedged to metac.

- 4th + 5th flat bases.

- permits greater flexion.

- 1st - short + broad

- saddle-shaped base.
common base.

Phalanges - 14 - long bones - conn'd dorsally.
- horse-shoe shaped eminence

Applied Anatomy

Bones of carpus frequently fractured

Usually scap'd transversely.

Disease attacks metacarpus +

phalanges - tuberculosis + arthritis.

Muscles of Hand

2 groups.

Phenar eminence - thumb

Hyphar eminence - little fingers

Inter-ossis - between little fingers

Phenar - O - lateral side of hand
retinaculum + carpal bones.

Abductor brevis

Flexor brevis

Underneath - Opponens - roll thumb

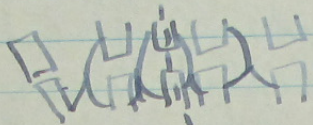
Adductor - 2 heads.

● ~~Upper - thenar - similar~~

○ - medial side of flex. retin. & carpal

Inter - ossei - ad. + ab. + ff. + int.

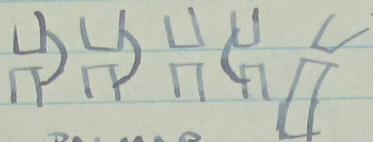
DABS.



DORSAL

adduct from mid-line.

PAD



PALMAR

adduct to mid-line.

1 - extensor digitorum.

Elbow joint - hinge.

- made up of - trochlea of humerus.
- art. with - trochlea notch of ulna.
- capitulum of humerus.
- art. - capitulum of radius.

Within capsule - proximal radioulnar joint

Capsule - attached above to edge of condyles,
surrounds foss.

Att. below to sides of olecranon &
coronoid processes of ulna.

Att. annular lig. - band holding r. to u.
ligaments of joint - 2 on ~~each~~ sides

radial - collateral lig. -

- lower part of lateral condyle.
- to annular lig.

ulnar - collateral lig.

- from back of medial condyle
- to border of semi-lunar notch.

Movements - flexion - brachialis.

extension - triceps.

Applied Anatomy -

Dislocation common in children.

Swelling around olecranon.

● Radial-ulnar joints.

Proximal - radial-ulnar art.

first joint - head of humerus.
radial notch of ulna

Annular lig. - att. ant. & post. of
radial notch.

- encircles head of radius
- keeps radius to ulna.

Middle - inter-osseous membrane.

- runs downward & medially.
- from medial border of radius to lateral border of ulna.
- increases surface for muscle attachment.

Upper part - oblique cord.

- runs at rt. ls. to ϵ -o muscle
- runs down & out.

Function - holds head of radius up.

Distal - first joint - head of ulna

- ulnar notch of radius

- on synovial membrane & capsule

Lig - lat - to allow radius to rotate.

Movements - pronation & supination.

Applied Anatomy.

Subluxation - up to 2 yr.

Dislocation of head of radius -
not uncommon.

Wrist joint - condyloid

- concave - lower end of radius.
- convex - first layer of carpal bones.

art. - ~~scaphoid~~ ^{trapezoid} & lunate.

Ulna not in wrist joint.

Ligaments - 4 -

Anterior radial carpal.

- broad band attached to ant. margin of radius & styloid process & lower end of ulna.

Fibres - run down & medially.

Purpose - radius takes hand.

Posterior radial carpal.

- thin & weaker.
- fibres run down & medially.
- 2 ligaments take drag on pronation.

Medial lig. - from tip of styloid process of ulna

- pisiform & triquetral bones.

Lateral lig. - tip of styloid of radius.

- ~~scaphoid~~ ^{trapezoid}

Movements - flexion
extension
adduction
abduction

} circumduction.

7
 H.C.
 L.C.
 1
 2
 3
 4
 5
 6
 7
 8
 9
 10
 11

Brachio - plexus . 5, 6, 7, 8, 11.

- neck - covered by skin & platysma muscle.
- passes behind clavicle & lies in axilla - divides here into proper nerves for arm.

Nerve to rhomboid 5 c.

" " serratus 5, 6, 7 c.

" " supra + infra spinatus 5, 6 c.

Lateral cord

- fibres from 5, 6, 7 segments.
- from it

- musculo-cutaneous

passes across - brachialis

- down arm on brachialis (or) under biceps

- at elbow terminal branch comes up to superficial fascia.

becomes lateral cutaneous nerve of forearm.

Supplies - craco-brachialis
brachialis
biceps

to skin - skin on lateral side of forearm.

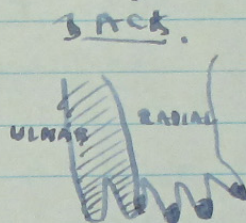
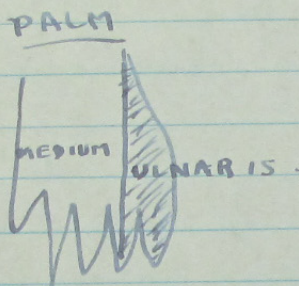
Median - junction of medial & lateral cords
 5, 6, 7, 8 + 1.

- passes straight down arm, medial side of biceps.
- passes between 2 heads of pronator teres.

- muscles of thumb.

Supplies - all flexor muscles of forearm
except flexor carpi ulnaris.
ulnar half of flexor digitorum
profundus. (1st 2 fingers)

Skin - palm of hand & pads of fingers
except little finger
medial half of ring finger.



Medial - brachial cutaneous -

- supplies skin

Medial - ante-brachial cutaneous -

- supplies forearm.

Ulnar 8, 11.

- most medial of nerves.

- medial to artery

- goes behind medial epicondyle
of humerus.

- passes down forearm under
flexor carpi ulnaris

- lower half - with ulnar artery.

Supplies - flexor carpi ulnaris

- 2 medial heads of

flexor digitorum profundus

Hand - enters lateral to pisiform bone.

- supplies muscles of little finger.

- all inter-osseous muscles.

- ~~extensor pollicis~~

Skin - back + front of medial side of hand.
- little finger.
- $\frac{1}{2}$ ring finger.

Lumbricals -

- in palm to inside of index finger
- flex 1st joint, extend 2nd + 3rd joint.

Posterior cord.

- 5, 6, 7, 8, 1.
- goes to back of arm.

1) Axillary - 5, 6.

- leaves cord in axilla
- passes backwards from axilla
- around surgical neck of humerus
- accompanying with posterior humeral circumflex art.

Supplies - deltoid

teres minor

skin over deltoid.

2) Nerve to latissimus dorsi.

- to ^{posterior} surface - scapula muscles.

3) Radial - 5, 6, 7, 8, 1.

- largest of brachial plexus.
- passes to back of humerus
- lies in radial groove with profunda brachii artery.

Supplies - triceps

- all extensor m.

- all brachial radialis

extensor carpi radialis longus

divides - superficial & deep.



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